MAP CABINET
G 3504 E3 2005 C995

## LEGEND

SEPARATED BIKE PATH sidewalk shared with pedestrians

CONTROL FLOW LANE bike only lane on one way street

SIGNED BIKE ROUTE on roadway

- Major Arterials : (High traffic volumes and high speeds)
- Arterial : (Roadways with high traffic volumes)
- One - Way Streets
- Steep Grades (arrow points Downhill) One arrow 5%-10% Two arrows 10%+
- Paved Multi - Use Trails in Parkland
- Unpaved Multi - Use Trails
- Cycling permitted in Parkland on multi-use trails or unimproved trails 0.5 meters wide or greater.
- Service Roads
- Bus / Taxi / Bicycle Lanes (24 hours)
- Bus / Taxi / Bicycle Lanes (peak hours only)

- Pedestrian Overpasses
- Transit Centres With Bicycle Racks
- LRT Transit Stations
- Local Police Stations(In case of emermency call 911)
- Blufone Locations
- Bicycle Store
- Bicycle Support
- Leisure Centres
- Points of Interest

Scale 1 : 40 000

km 1 0.5 0 1 2 km

miles 1 0.5 0 1 miles

## SIGNAGE

This sign indicates that cyclists and pedestrians must share the walkway. Cyclists must yield to pedestrians.

Crosswalks: Whenever using a marked sidewalk or a pedestrian signal, you must dismount and walk your bike across to have the same rights as pedestrians.

Standard traffic signs permit or restrict the use of sidewalk facilities. green circle = use permitted red circle = use prohibited

Where there is a hazard or an obstruction along a bikeway, this sign may be posted to advise cyclists to dismount their bicycle and proceed on foot.

This is one of the standard signs for Edmonton bikeways. This sign directs cyclists along a recommended on-road route and cautions motorists that it is a preferred route for cyclists.

## BIKES ON BUSES

Bike racks are available on Routes 1,4 & 9. Using the rack is easy, and takes about 20 seconds toload and unload. Easy-to-follow instructions are printed directly on the rack. The bike rack holds two (2) bicycles.
You pay the regular ETS fare while your bike rides for free.

Loading your Bike

Before the bus arrives, get your bike ready by removing any loose objects like water bottles and pumps that could fall off.
Indicate to the operator from the curb that you will be loading your bike.

1. Fold down the bike rack by squeezing the release latch.
2. Lift your bike onto the bike rack, fitting the tires into the wheel slot. Each slot is labeled for front and rear wheels.
3. Pull the support arm out and up over the top of the front tire to secure it in place.

Board the bus and pay your fare. Sit as close to the front as possible and let ETS do the driving!

Removing your Bike

Before you reach your stop, tell the operator you will be unloading your bike, then exit by the front door.

1. Pull the support arm out and down over the front tire to release your bike.
2. Lift your bike out of the bike rack.
3. Fold up the rack to the locked position.

Signal to the operator that you are clear of the bus.

Please allow passengers with bicycles who are leaving the bus to remove their bike first, before loading another bike.

## BIKES ON THE LRT

You and your bicycle can also travel on the LRT. Bicycle travel is allowed on all LRT trips except in the peak direction between 7:30 - 8:30 AM and 4:00 - 5:00 PM Monday through Friday. Bicycle travel in the direction opposite to peak travel flow has no hourly restrictions. There are no restrictions on Saturday, Sunday and statutory holidays.

1. Please walk your bike in LRT stations and vehicles. Hold onto your bike at all times when on the LRT and when using stairs, escalators or elevators.
2. You pay the regular ETS fare while your bike rides for free.
3. Green bicycle signs are posted on middle doors of the LRTto show which ones to use. The bent poles at the door allow for easier access. Please allow other passengers to exit and enter the LRT first.

Remember to.....

Stay with your bicycle at all times while in LRT stations and vehicles. Stand beside your bike and hold onto it while riding the LRT. Do not straddle or sit on your bike or prop it against a car door orany place else that might cause damage or injury. Please ensure no mud or grease drops from your bicycle onto LRT stations vehicles or other passengers.

**Emergency BLUFONE Service in CITY PARKLAND**
Direct access to emergency 911 system
Only calls for emergency services accepted (POLICE, AMBULANCE, FIRE, etc.)

Castle Downs Park · Coronation Park · Kennedale Ravine · Hermitage Park · Rundle Golf Park · Strathcona Science Park · Borden Park · Kinnaird Ravine · Kinnaird Park · Capilano Park · Goldbar Park · Rundle Park · Goldbar Ravine · Goldstick Park · Riverside Golf Course · Forrest Heights Park · Fulton Ravine · Dawson Park · McKinnon Ravine · Victoria Golf Course · Victoria Park · Emily Murphy Park · William Hawrelak Park · McKenzie Ravine · Kinsmen Park · Queen Elizabeth Park · Cloverdale Rack · Mill Creek Park · Mill Creek Ravine · Argyll Velodrome · Buena Vista Park · Laurier Park · Patricia Ravine · Wolf Willow Park · Fort Edmonton Park · Whitemud Park · Whitemud Ravine · Rainbow Valley Park · Terwillegar Park (MULTI-USE AREA) · Callingwood Park · Mill Woods Golf Course · Jackie Parker Recreational Area

### Sales & Service

Belvedere Sports Excellence (478-1838) 13016 - 82 Street - E10
Cycle Logic (433-1046) 7805 - 109 Street - J 9
Hardcore Mountain Bikes (439-4599) 10008 - 82 Avenue - J 10
International Cycle (477-5605) 4015 - 118 Avenue - G 13
Klondike Sporting Goods (484-3307) 9440 - 149 Street - I 6
Millwoods & Sports Cycle (462-1642) 6119 - 28 Avenue - N 12
Pedalhead (433-2085) 8530 - 109 Street - J 9
Pedalhead Road Works (433-1795) 10108A - 124 Street - H 8
Redbike (435-2674) 10918 - 88 Avenue - J 9
Relics (472-5757) 12750 Fort Road - E 12
Revolution Cycle (486-3634) 15109 Stony Plain Road - I 6
River Valley Cycle (465-3863) 6945 - 75 Street - K 12
Sports Rent (486-7547) 15802 Stony Plain Road - H 15
Sports Shack (469-3554) 6116 - 90 Avenue - J 12
United Cycle (433-1181) 10323 - 78 Avenue - J 9
Velocity Cycle (466-8133) 7208 - 101 Avenue - H 12
Way Past Fast (448-0570) 9303 - 34 Avenue - N 10
Western Cycle (482-5636) 10429 - 124 Street - H 8

### Close to Edmonton

Cranky's Bike Shop (458-9181) 20, 24 Perron Street, St. Albert
Recycle-A-Bike Repairs (929-9000) 5305 - 44 Street, Beaumont
Sherwood Park Repair (499-2453 16 Greenwood Way, Sherwood Park

### Bicycle Support

Alberta Bicycle Association - G 7
11759 Groat Road
Phone: 427-6352
Web site: www.albertabicycle.ab.ca

ABA is the provincial organization governing all forms of bicycle racing. ABA is affiliated with the Canadian Cycling Association.

Edmonton Bicycle Commuters - J 10
10047 - 80 Avenue ( rear lane access only )
Phone: 433-2453
Web site: www.edmontonbicyclecommuters.ca

EBC's mandate is to improve conditions for the cycling commuter and encourage the use of bicycles as a mode of transportation. EBC also operates Bike Works, a fully equipped bicycle repair facility. You can use the shared tools to fix your bike or learn how to maintain your bicycle.

### Leisure Centres

Bonnie Doon Leisure Centre
82 Street - 90 Avenue - J 11
Borden Park Pool (Outdoor)
74 Street - 112 Avenue - G 11
Commonwealth Stadium
Stadium Road - 110 Avenue - G 10
Confederation Leisure Centre
112 Street - 43 Avenue - M8
Coronation Leisure Centre
138 Street - 111 Avenue - G 7
Eastglen Leisure Centre
114 Avenue - 68 Street - G 11
Fred Broadstock Pool (Outdoor)
158 Street - 105A Avenue - H 5
Grand Trunk Leisure Centre
130 Avenue - 112 Street - E 9
Hardisty Leisure Centre
105 Avenue - 65 Street - H 12
Jasper Place Leisure Centre
92 Avenue - 163 Street - I 5
Kinsmen Sports Centre
106 Sreet - Walterdale Hill - I 9
Londonderry Leisure Centre
145 Avenue - 66 Street - D 11
Mill Creek Pool (Outdoor)
95 Street - 82 Avenue - J 10
Mill Woods Recreation Centre
72 Street - 28 Avenue - N 12
O'Leary Leisure Centre
88 Street - 132 Avenue - E 10
Oliver Pool (Outdoor)
119 Street - 103 Avenue - H 8
Queen Elizabeth Pool (Outdoor)
106 Street - 89 Avenue - J 9
Rundle Park Recreation Centre
29 Street - 113 Avenue - H 14
Strathcona Leisure Centre
104 Street - 72 Avenue - K 9

### Points of Interest

Alberta Legislative Building
108 Street - 97 Avenue - I 9
Argyll Velodrome
88 Street - 68 Avenue - K 11
City Hall
#1 Sir Winston Churchill - H 10
City of Edmonton Archives
105 Street - 108 Avenue - H 9
Canadian Aviation Hall of Fame
Kingway - 116 Street - G 8
Children Education Wildlife Museum
97 Street - 53 Avenue - L 10
Edmonton Art Gallery
#2 Sir Winston Churchill - H 9
Edmonton Convention Centre
97 Street - Jasper Avenue - H 10
Fort Edmonton Park
Fox Drive - Whitemud Drive - K 6
Telus Field - Baseball Park
103 Street - 96 Avenue - I 9
John Janzen Nature Centre
Fort Edmonton Park - K 6
John Walter Museum
Kinsmen Park - I 9
Muttart Conservatory
96 Street - 98 Avenue - I 10
Telus World of Science
142 Street - 111 Avenue - G 7
Rexall Place
73 Street - 118 Avenue - G 10
Royal Alberta Museum
128 Street - 102 Avenue - H 7
Rutherford House Museum
111 Street - Saskatchewan Dr - I 8
Valley Zoo
134 Street - Buena Vista Road - K 7
West Edmonton Mall
170 Street - 87 Avenue - J 4
Whitemud Equine Centre
12505 Kelllor Road - K 10

# SHARE THE TRAILS - CODE OF CONDUCT

**GENERAL**
**Keep Right**
All users must keep right, except when passing or turning left. Move off the trail to the right when stopping.

**Stay Alert**
Control speed based on activity, ability, terrain, visibility and traffic. Use caution on blind corners, poor weather conditions, and on unfamiliar trails.

**Be Visible**
Ensure your visibility during daytime and night-time use.

**Yield**
Yield to slower moving traffic: cyclists to pedestrians, joggers to walkers. Ring your bell before passing. Move off to the side of the trail for less mobile users.

**Share The Responsibility**
The multi-use trails in the River Valley provide opportunities for all. Help teach each other proper trail etiquette; lead by example. Remember, others will be judged by your actions.

**Earphone Dangers**
Earphones are dangerous to both you and other trail users, particularly the inability to hear others.

**Trail Impact**
Avoid other user trail lines. For example, avoid walking on ski trails. Stay on trails and practice minimum impact. Do not cut or forge new trails.

**Orderly Fashion**
Groups of users should not span more than half of the trail width so that others may pass.

**Control Your Pets**
Animals must be leashed except in the off-leash areas. Please restrain animals near other users and wildlife on trails. Avoid cycling with a dog.

**CYCLISTS**
**Be Courteous - Signal Others**
Make contact with others pleasantly, no matter how brief. Always make the first move to avoid conflicts. Inform others of your presence by ringing your bell.

**Ride Appropriately**
Use caution on hills, underlover bridges and especially when trails are busy. Selecting the right location is safer and more enjoyable for all.

**Observe**
Honour and respect all trail closure signs, seasonal and permanent. Observe all bylaws and regulations concerning trails.

**Be Aware**
Check ahead and behind, left and right before crossing or merging with trails. Move completely off trails when stopping so that no conflicts occur.

**IN LINE SKATERS**
**Control**
Always skate under control. Do not endanger others. Keep poles close to your body when passing.

**Wear The Gear**
Including helmet, knee pads, elbow pads and wrist guards for your safety.

**Caution**
Use the same guidelines for trail travel, passing and speed use the same guide as cyclists. Be aware of proper skating and braking techniques before going on trails. It is illegal to skateon city streets. Skating is permitted on sidewalks, except Jasper Avenue and Whyte Avenue.

# RIDING IN TRAFFIC

**Use Hand Signals**
Hand signals tell motorists your intentions. Signal as a matter of law, courtesy and self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.

**Keep Both Hands Ready To Brake**
You may not stop in time if you break with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.

**Ride In A Straight Line**
Whenever possible ride in a straight line, to the right of traffic, but at least a car door's width away from parked cars. Avoid a lucky door prize! Scan for passengers inside vehicles and brake lights.

**Never Ride Against Traffic**
This is illegal and extremely dangerous. Motorists are not expecting cyclists on the wrong side of the road.

**Ride In The Middle Of A Narrow Lane Or When Traffic Is Slow**
Cyclists should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be practicable to ride in the middle of the lane to be more visible.

**Lock Bike When You're Gone**
Lock up to a bike rack or another immovable object, locking at least the frame and preferable one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number.

**Use A Flag On Trailers**
Trailers may be difficult for motorists to see. A red flag on the trailer at rider height alerts motorists to your presence.

**Dress Appropriately**
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes.

**Use Pack Or Rack**
Saddlebags, racks, baskets and small backpacks are all good ways to carry packages, freeing your hands for safe riding.

**Scan The Road Behind**
Learn to look back over your shoulder without losing your balance or swerving left.

**Avoid Road Hazards**
Watch out for parallel-slat sewer grates, oily pavement, slippery utility covers, painted lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control and comfort, stand-up on your pedals as you cross bumps.

**Watch For Chasing Dogs**
Ignore them or try a firm 'No!' If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with the dog or with a vehicle while trying to avoid the dog.

**Choose Best Way To Turn Left**
There are 2 ways to make a left turn:
1) Like an auto. Signal, shoulder check, move into the left lane and turn.
2) Like a pedestrian. Ride straight to the far crosswalk and walk your bike across when appropriate.

**Don't Pass On The Right**
This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.

**Use Caution On Shared-Use Facilities**
Where permitted by signs to use the sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.

**Don't Weave Between Parked Cars**
Don't ride out to the curb, between parked cars. Motorists may not see you when you try to move back into traffic.

**Make Eye Contact With Drivers**
Assume they don't see you until you are sure they do. Watch for cars pulling out.

**Follow Lane Markings**
Don't turn left from the right lane. Don't go straight through in a lane marked "right turn only."

**Crosswalks**
When entering a crosswalk, if you don't dismountand walk your bike across then you don't have the right of way. Be safe and yield to vehicles.

# TRAIL USE IN THE RIVER VALLEY

The Parkland Bylaw defines two types of trails: improved and unimproved. In both cases, "trails" refers to an identifiable path, track or public right-of-way intended for use by pedestrians, cyclists, skaters and other non-vehicular modes.

Improved trails have a width of at least 1.5 m and an improved surface such as pavement or granular material. There are 160 km of improved trails.

Unimproved trails have a width of at least 0.5 m and a natural surface. There are 450 km of unimproved trails.

Paths or tracks that are less than 0.5 m wide are not trails. These narrow 'animal paths' are considered natural areas. Human access is not permitted to ensure they are not enlarged.

Certain trails may be closed to all activities if there is a safety concern, to enable trail repair or to minimize risks to environmentally sensitive areas. Practice good trail stewardship and respect all trail closures.

The Parkland Bylaw requires people to remain off unimproved trails if damage to parkland is reasonably likely. During rainy conditions, for example, unimproved trails are susceptible to damage when individuals go off the trail to avoid a puddle, eroding surrounding areas. Always exercise minimal impact on trails.

# MOUNTAIN BIKING TRAILS

The Parkland Bylaw was amended in 2005 to allow multiple uses on all trails. There are an additional 450 km of unimproved trails in the river valley for use by pedestrians, joggers and mountain bikers. Yippee!

As a guideline, you can ride on an unimproved trail if it is wider than your handlebars. Always remember that trails are shared with other users. Yield to slower moving people and use reasonable care when passing others. Cyclists are required to ring their bell before overtaking.

For a guide to MTB single track trails, obtain a copy of Local Ride. Created by two local mountain bikers with GPS, the guide contains trails for technical to family-leisure riding, plus a detailed directory. Available at most bike and outdoor stores.

LocalRide.NET
SINGLE-TRACK DIRT TRAIL GUIDE

**Emergency BLUFONE Service in CITY PARKLAND**
Direct access to emergency 911 system
Only calls for emergency services accepted (POLICE, AMBULANCE, FIRE, etc.)

**Legend**
- Separated Shared-Use Sidewalk
- On Road Signed Bike Route
- Paved Multi - Use Trails in Parkland
- Granular Multi - Use Trails
- Granular Pedestrian Only Trail
- Equine Use
- Dogs Offleash
- Stair Access
- Blufone
- Trans Canada Trail

| All Distances are in Kilometres | Terwillegar | Ft. Edmonton | Whitemud N | Whitemud S | Laurier | Hawrelak | Emily Murphy | Gov't House | McKinnon | Victoria Park | Kinsmen | Queen Elizabeth | Cloverdale | Mill Creek N | Mill Creek S | Louise McKinney | Dawson | Forest Heights | Goldbar | Capilano | Rundle | Hermitage S | Hermitage N |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Terwillegar | 0 | 6 | 7 | 9.5 | 8.5 | 11 | 12.5 | 13.2 | 15.5 | 14 | 15.7 | 16.6 | 19 | 22 | 24.2 | 19.6 | 21.3 | 21 | 25.5 | 27 | 28.6 | 32.3 | 35.1 |
| Ft. Edmonton | 6 | 0 | 1 | 3.5 | 2.5 | 5 | 6 | 7.2 | 9.5 | 8.1 | 9.7 | 10.5 | 13 | 16 | 18 | 13.6 | 15.3 | 15 | 19.5 | 21 | 22.6 | 26.3 | 29.1 |
| Whitemud N | 7 | 1 | 0 | 2.5 | 2.5 | 5 | 9 | 7.2 | 9.5 | 8.1 | 9.7 | 10.5 | 13 | 16 | 18.2 | 13.6 | 15.3 | 15 | 19.5 | 21 | 22.6 | 26.3 | 29.1 |
| Whitemud S | 9.5 | 3.5 | 2.5 | 0 | 5 | 7.5 | 6.5 | 9.7 | 11.4 | 10.6 | 12.2 | 13 | 15.4 | 18.4 | 20.7 | 16 | 17.7 | 17.3 | 21.9 | 23.5 | 25 | 28.1 | 31.5 |
| Laurier | 8.5 | 2.5 | 2.5 | 5 | 0 | 2.5 | 4 | 4.7 | 6.4 | 5.6 | 7.2 | 8 | 10.4 | 13.4 | 15.7 | 11 | 12.7 | 12.3 | 16.9 | 18.5 | 20 | 23.7 | 26.5 |
| Hawrelak | 11 | 5 | 5 | 7.5 | 2.5 | 0 | 1.5 | 2.2 | 4.6 | 3.1 | 4.7 | 5.5 | 7.9 | 10.9 | 13.2 | 8.5 | 10.2 | 9.8 | 14.4 | 16 | 17.5 | 21.2 | 24 |
| Emily Murphy | 12.5 | 6 | 9 | 6.5 | 4 | 1.5 | 0 | 0.7 | 3.1 | 1.6 | 3.2 | 4 | 6.4 | 9.4 | 11.7 | 7 | 8.7 | 8.3 | 12.9 | 14.5 | 16 | 19.7 | 22.5 |
| Gov't House | 13.2 | 7.2 | 7.2 | 9.7 | 4.7 | 2.2 | 0.7 | 0 | 2.4 | 1.5 | 3.1 | 3.9 | 6.4 | 9.4 | 11.7 | 7 | 8.7 | 8.3 | 12.9 | 14.5 | 16 | 19.7 | 22.5 |
| McKinnon | 15.5 | 9.5 | 9.5 | 11.4 | 6.4 | 4.6 | 3.1 | 2.4 | 0 | 3.9 | 5.5 | 6.4 | 8.8 | 11.8 | 14 | 9.4 | 11.1 | 10.7 | 15.3 | 16.9 | 18.4 | 22.1 | 24.9 |
| Victoria Park | 14 | 8.1 | 8.1 | 10.6 | 5.6 | 3.1 | 1.6 | 1.5 | 3.9 | 0 | 1.6 | 2.4 | 4.8 | 7.8 | 10 | 5.4 | 7.1 | 6.7 | 11.3 | 12.9 | 14.4 | 18.1 | 20.9 |
| Kinsmen | 15.7 | 9.7 | 9.7 | 12.2 | 7.2 | 4.7 | 3.2 | 3.1 | 5.5 | 1.6 | 0 | 0.8 | 3.2 | 6.2 | 8.5 | 3.8 | 6.2 | 5.1 | 9.7 | 11.3 | 12.8 | 16.5 | 19.3 |
| Queen Elizabeth | 16.6 | 10.5 | 10.5 | 13 | 8 | 5.5 | 4 | 3.9 | 6.4 | 2.4 | 0.8 | 0 | 2.4 | 5.4 | 7.6 | 3 | 4.7 | 4.3 | 8.9 | 10.5 | 12 | 15.7 | 18.5 |
| Cloverdale | 19 | 13 | 13 | 15.4 | 10.4 | 7.8 | 6.4 | 6.4 | 8.8 | 4.8 | 3.2 | 2.4 | 0 | 3 | 5.2 | 0.6 | 2.3 | 1.9 | 6.5 | 8.1 | 9.6 | 13.3 | 16.1 |
| Mill Creek N | 22 | 16 | 16 | 18.4 | 13.4 | 10.9 | 9.4 | 9.4 | 11.9 | 7.8 | 6.2 | 5.4 | 3 | 0 | 2.2 | 3.6 | 5.3 | 4.9 | 9.5 | 11.1 | 12.6 | 16.3 | 19.1 |
| Mill Creek S | 24.2 | 18 | 18.2 | 20.7 | 15.7 | 13.2 | 11.7 | 11.7 | 14 | 10 | 8.5 | 7.6 | 5.2 | 2.2 | 0 | 5.9 | 7.5 | 7.1 | 11.7 | 13.3 | 14.9 | 18.6 | 21.3 |
| Louise McKinney | 19.6 | 13.6 | 13.6 | 16 | 11 | 8.5 | 7 | 7 | 9.4 | 5.4 | 3.8 | 3 | 0.6 | 3.6 | 5.9 | 0 | 2.7 | 2.5 | 7.1 | 8.7 | 10.3 | 14 | 16.8 |
| Dawson | 21.3 | 15.3 | 15.3 | 17.7 | 12.7 | 10.2 | 8.7 | 8.7 | 11.1 | 7.1 | 6.2 | 4.7 | 2.3 | 5.3 | 7.5 | 2.7 | 0 | 4.4 | 9 | 10.6 | 12.2 | 15.9 | 18.6 |
| Forest Heights | 21 | 15 | 15 | 17.3 | 12.3 | 9.8 | 8.3 | 8.3 | 10.7 | 6.7 | 5.1 | 4.3 | 1.9 | 4.9 | 7.1 | 2.5 | 4.4 | 0 | 4.6 | 6.2 | 7.7 | 11.4 | 14.2 |
| Capilano | 25.5 | 19.5 | 19.5 | 21.9 | 16.9 | 14.4 | 12.9 | 12.9 | 15.3 | 11.3 | 9.7 | 8.9 | 6.5 | 9.5 | 11.7 | 7.1 | 9 | 4.6 | 0 | 1.6 | 3.1 | 6.8 | 9.6 |
| Goldbar | 27 | 21 | 21 | 23.5 | 18.5 | 16 | 14.5 | 14.5 | 16.9 | 12.9 | 11.3 | 10.5 | 8.1 | 11.1 | 13.3 | 8.7 | 10.6 | 6.2 | 1.6 | 0 | 1.5 | 5.2 | 7.9 |
| Rundle | 28.6 | 22.6 | 22.6 | 25 | 20 | 17.5 | 16 | 16 | 18.4 | 14.4 | 12.8 | 12 | 9.6 | 12.6 | 14.9 | 10.3 | 12.2 | 7.7 | 3.1 | 1.5 | 0 | 3.7 | 6.4 |
| Hermitage S | 32.3 | 26.3 | 26.3 | 28.1 | 23.7 | 21.2 | 19.7 | 19.7 | 22.1 | 18.1 | 16.5 | 15.7 | 13.3 | 16.3 | 18.6 | 14 | 15.9 | 11.4 | 6.8 | 5.2 | 3.7 | 0 | 2.7 |
| Hermitage N | 35.1 | 29.1 | 29.1 | 31.5 | 26.5 | 24 | 22.5 | 22.5 | 24.9 | 20.9 | 19.3 | 18.5 | 16.1 | 19.1 | 21.3 | 16.8 | 18.6 | 14.2 | 9.6 | 7.9 | 6.4 | 2.7 | 0 |

Trans Canada Trail is a nationwide project to complete 16,400 km of trail. In Edmonton the TCT extends from Terwillegar Park to Rundle Park.

# PARK HOURS

5 a.m to 11 p.m.
Police and Park Rangers require you to leave all city parks by closing time.

# RIVER VALLEY PARK ADDRESSES

Buena Vista Park/Laurier Park - 13400 Buena Vista Road
Capilano Park - 109A Avenue & 50 Street
Cloverdale Park/Rafters Landing - 9325 - 97 Avenue
Dawson Park - 10286 - 89 Street
Emily Murphy Park - Saskatchewan Drive & Groat Road
Fort Edmonton - 7000 Ft. Edmonton Park Road
Forest Heights Park - 103 Avenue & 84 Street
Goldbar Park - 10975 - 50 Street
Government House Park - Groat Road & River Road
Hawrelak Park - 9330 Groat Road
Hermitage Park (S) - Victoria Trail & Hermitage Road
Hermitage Park (N) - 137 Avenue & 24 Street
Louise McKinney - 9529 Grierson Hill
Kinsmen Park - 9100 Walterdale Road
McKinnon Ravine - 149 Street & Stony Plain Road
Mill Creek Park (N) - 95 Street & 82 Avenue
Mill Creek (S) - 87 Street & 71 Avenue
Queen Elizabeth Park - 89 Avenue & 106 Street
Rundle Park - 2903 - 113 Avenue
Terwillegar Park - 156 Street & 36 Avenue
Victoria Park - 12130 River Road
Whitemud Park(N) - Fox Drive & Whitemud Freeway
Whitemud Park (S) - 13204 - 45 Avenue

# PERSONAL SAFETY

Be sure to tell others or leave a note if you are cycling alone.

Be cautious of suspicious persons and of using secluded areas of the park. Stay alert - if a situation doesn't seem right, get out fast and seek assistance!

You are not alone in the park, so have a plan of action ready in the event that you witness or experience criminal activity.

If you call for help using a cell phone or payphone, you will need to describe where you are located, the assistance you require and other relevant information.

If you drive your car into the park, park in a well-lit spot and lock your valuables in the trunk.

# FITTING A HELMET

1. Place helmet on head, level from front to back.
2. The helmet must sit 1-2 finger widths (approximately 3 cm) above the eyebrows.
3. Make sure the helmet fits snugly. Add or remove sizing pads if necessary. The helmet should not move when you shake your head.
4. Adjust the straps to form a "V" just below and in front of the earlobes.
5. Do up the chin strap.
6. Adjust the chin strap so that only one finger fits between the chin and the chin strap.
7. Make sure the helmet can only be removed by undoing the chin strap.
8. Check helmet fit regularly, particularly for child cyclists.

# IT'S THE LAW

**OBEY TRAFFIC SIGNS AND SIGNALS**
As a vehicle, you must obey all rules of the road. Cyclists have the same privileges and the same responsibilities as other vehicles.

**ONE PERSON PER BIKE**
Riding double is only permitted on a bicycle that is designed and equipped to handle two persons.

**RIDE IN SINGLE FILE**
Cyclists must ride in single file, except when passing another vehicle.

**KEEP YOUR BIKE IN GOOD REPAIR**
Ensure your bike has functioning brakes, steering and gears. If a Police Officer feels that a bike is unsafe, they can have it removed from the road or trail until repairs are completed. Routine maintenance is simple and you can learn to do it yourself. Contact the Edmonton Bicycle Commuters for advice at: 433-2453

**RING THAT BELL**
The law states that bicycles must be equipped with adequate brakes and a warning device (horn or bell). Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you. Pedestrians always have the right-of-way.

**USE LIGHTS AT NIGHT**
If you are going to operate a bicycle after dark, it must be equipped with a headlight in the front, a red tail light, and red rear reflector.

# BICYCLE LEGISLATION

**PROVINCE OF ALBERTA TRAFFIC SAFETY ACT**
- It is mandatory for cyclists under 18 to wear an approved helmet.
- A person operating a bicycle on a street has all the rights, and is subject to all the duties that a driver of a motor vehicle has.
- All bicycles must be equipped with a bell, front & rear reflectors, and lights when riding at night.

**CITY OF EDMONTON TRAFFIC BYLAW # 5590**
Cycling is only permitted on sidewalks designated for shared use. These sidewalks are typically wider (2.5+ m) to accommodate both pedestrians and cyclists. Bicycles with a wheel diameter of 50cm or less (ie. children's bicycles) are permitted on all sidewalks. Every person riding a bicycle shall:
- Yield right-of-way to pedestrians.
- When passing a pedestrian, use care and control to ensure their safety.
- Use the bell to give an audible signal before overtaking a pedestrian.

**CITY OF EDMONTON PARKLAND BYLAW # 2202**
- Cycling is permitted on all multi-use trails and unimproved trails 0.5m or wider.
- Every trail user shall yield right-of-way to slower moving users.
- Use care and control when passing.
- Every trail user shall give an audible signal by voice or bell, prior to overtaking the slower user.
- Failure to follow these Bylaws can result in a fine, court summons or banning.

**UNIVERSITY OF ALBERTA CAMPUS**
The University of Alberta has its own set of regulations and information for operating bicycles on campus. Call Campus Security at 492-5252 for more information.

# CITY CONTACTS

The City of Edmonton publishes this map for cyclists to help them choose the best route according to their ability. The classifications indicated should be used as a guide only. Prepare to make your own evaluation of the traffic on the street and suitability of the route chosen.

REMEMBER
Cyclists have the same rights and duties as a driver of a motor vehicle. Your bike is the smallest vehicle on the road. Because of this, motorists often have difficulty seeing you. Your safety depends upon you. Make yourself visible and ride predictably. Always ride where motorists expect to see you. All the rules of the road apply to the River Valley trails.

TRANSPORTATION & STREETS DEPARTMENT
(On-Road Facilities)
General Information Line 496-2407
Roadway Trouble (24-Hour Line) 496-1700
(potholes, gravel, glass)
Website: www.edmonton.ca
Select "Transportation" then "Cycling in Edmonton"

COMMUNITY SERVICES DEPARTMENT
(River Valley Facilities)
General Information Line 496-4999
Park Rangers 496-2950
Website: www.edmonton.ca/parks
Email: cms.rangers@edmonton.ca
River Valley Programs 496-2966
11808 St. Albert Trail
8:30 am - 4:30 pm weekdays
Closed weekends and holidays.
Volunteer Park Patrol 496-2950
Assist park users and help monitor the River Valley with the Park Rangers.

# CYCLE CONTACTS

- Edmonton Bicycle Commuters ..... 433-2453 ( BikeWorks repair facility & advocacy )
- Edmonton Bicycle & Touring Club ..... 424-2453 ( Touring, cross country skiing & social activities )
- Alberta Bicycle Association ..... 427-6352 ( Provincial governing organization for all bicycle racing )
- Edmonton Road & Track Club ..... 433-2857
- Edmonton Masters Cycling Club (30+years) ..... 441-9875
- Associated Cycle Messengers of Edmonton ..... 426-6713
- Argyll Velodrome / Juventus Cycling Club ..... 490-5979
- DirtGirls (womens MTB) ..... 435-2674
- Alberta TrailNet ( Trans-Canada Trail ) ..... 422-7150
- Edmonton BMX ..... 465-2690
- Edmonton Unicycle Club ..... 465-9893

For bicycle sales, service and rentals check the Edmonton Yellow Super Pages on pg. 223

# EDUCATION CONTACTS

For further information on cycling education programs please contact the following agencies:
- Bicycle Education Society of Edmonton ..... 433-2453
- Edmonton Police Service (Traffic Education Unit) ..... 421-3556
- Edmonton Safety Council (Pedal Pushers) ..... 462-7300
- Alberta Transportation (Safety Services) ..... 427-8901
- Alberta Motor Association (School Patrol Program) ..... 474-8785
- Capital Health KIDSAFE (Helmet Program) ..... 407-7250

WEAR AN APPROVED CYCLE HELMET
Approved cycling helmets meeting ANSI, Snell, and/or CSA standards are highly recommended. Head injuries result in over 75% of cyclist fatalities.
Helmets Save Lives.

PUBLISHED BY THE CITY OF EDMONTON

CYCLE Edmonton
MAP, INFORMATION, AND TRAIL GUIDE
EDMONTON


Canadian Cataloguing in Publication Data
0 1620 2167 5945
30% Post Consumer
For free distribution only ( 2005 )